

Full Body Isometric Bodyweight Workout Routine At Home

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Article Link: <https://thefitnessphantom.com/full-body-isometric-workout-routine-with-pdf/>

Summary

Duration	4-Weeks
Frequency	4 Days a Week
Goal	Build Strength, Mobility, and Flexibility
Level	Beginner to Intermediate
Suitable for	Men and Women
Rounds	Beginners: 1-2, Intermediate: 2-3
Rest between exercise	1-2 minute

Week 1

Monday

Workout	Hold Time	Muscle Build
Wall Sit	10-15 sec	Leg
Wall Push-Up	10-15 sec	Chest
Y Raises Hold	10-15 sec	Back

Workout	Hold Time	Muscle Build
T Raises	10-15 sec	Back
Plank	30-60 sec	Core
Side Plank	20-30 sec	Core

Tuesday

Workout	Hold Time	Muscle Worked
Push up Plus Hold	10-15 sec	Chest, Back
Locust Pose	10-15 sec	Rear Body
Dead Bug Hold	10-15 sec	Core
Isometric Shoulder Flexion at Wall	10-15 sec	Shoulder
Isometric Shoulder Adduction	10-15 sec	Shoulder
Chair Dips Hold	10-15 sec	Triceps

Thursday

Workout	Hold Time	Muscle Worked
Wall Sit	10-15 sec	Leg
Split Squat Hold	10-15 sec	Leg
Glute Bridge Hold	10-15 sec	Leg
Calf Raise Hold	10-15 sec	Leg

Workout	Hold Time	Muscle Worked
Isometric Bicep flexion on wall	10-15 sec	Bicep
Bicep Isometric Leg Hold	10-15 sec	Bicep

Friday

Workout	Hold Time	Muscle Worked
Push up Plus Hold	10-15 sec	Chest, Back
Superman Hold	10-15 sec	Back
Bird Dog Hold	10-15 sec	Core
Plank	30-60 sec	Core
Side Plank	20-30 sec	Core
Hollow Crunches Hold	10-15 sec	Core

Week 2

Day 1

Workout	Hold Time	Muscle Build
Wall Push-Up Hold	10-15 sec	Chest

Workout	Hold Time	Muscle Build
Narrow Pushup Hold	10-15 sec	Chest
Y Raises Hold	10-15 sec	Back
T Raises	10-15 sec	Back
Shoulder External Rotation	10-15 sec	Shoulder
Shoulder Abduction at Wall	10-15 sec	Shoulder

Day 2

Workout	Hold Time	Muscle Worked
Wall Sit	10-15 sec	Leg
Crescent Lunge Hold	10-15 sec	Leg
Chair Dips Hold	10-15 sec	Triceps
Isometric Bicep flexion on wall	10-15 sec	Biceps
Push up Plus Hold	10-15 sec	<u>Upper Body</u>
Locust Pose Hold	10-15 sec	Rear Body

Day 3

Workout	Hold Time	Muscle Build
Tricep Pushup Hold	10-15 sec	Chest
Superman Pull Hold	10-15 sec	Back

Workout	Hold Time	Muscle Build
Bird Dog Plank	10-sec/side	Core
Side Plank	20-sec/side	Core
Extended Forearm Plank	30-sec/side	Core
Isometric V Hold	15-sec/side	Core

Day 4

Workout	Hold Time	Muscle Worked
Half Moon Pose	10-15 sec	Leg
Chair Pose	10-15 sec	Leg
Glute Bridge Hold	10-15 sec	Leg
Shoulder Internal Rotation	10-15 sec	Shoulder
Shoulder External Rotation	10-15 sec	Shoulder
Dolphin Pose	10-15 sec	Shoulder

Week 3

Monday

Workout	Hold Time	Muscle Build
Wall Push-Up Hold	10-15 sec	Chest
Narrow Pushup Hold	10-15 sec	Chest
Y Raises Hold	10-15 sec	Back
T Raises	10-15 sec	Back
Bench Dips Hold	10-15 sec	Triceps
One-Arm Bicep Curl (Up & Down Method)	10-15 sec	Biceps

Tuesday

Workout	Hold Time	Muscle Worked
Chair Pose	10-15 sec	Leg
Crescent Lunge Hold	10-15 sec	Leg
Glute Bridge Hold	10-15 sec	Leg
Lying Leg Curl Hold	10-15 sec	Leg
Superman Pull	10-15 sec	Rear Body
Locust Pose	10-15 sec	Rear Body

Thursday

Workout	Hold Time	Muscle Worked
Bird Dog Plank	10-sec/side	Core
Dead Bug Hold	10-15 sec	Core
Boat Pose	10-15 sec	Core
Plank	30-60 sec	Core
Side Plank	20-30 sec	Core
Pushup Plus	10-15 sec	Upper Body

Friday

Workout	Hold Time	Muscle Worked
Narrow Wall Pushup	10-15 sec	Chest
Y Raises Hold	10-15 sec	Back
T Raises Hold	10-15 sec	Back
Dolphin Pose	10-15 sec	Shoulder
Wall Sit	10-15 sec	Lower Body
Glute Bridge	10-15 sec	Lower Body

Week 4

Day 1

Workout	Hold Time	Muscle Worked
Superman Pull Hold	10-15 sec	Upper Body
Chair Pose	10-15 sec	Lower Body
Lying Leg Curl Hold	10-15 sec	Lower Body
High Plank	45-60 sec	Upper Body
Side Plank	20-30 sec	Upper Body
Dolphin Pose	10-15 sec	Full Body

Day 2

Workout	Hold Time	Muscle Worked
High Lunge	10-15 sec	Full Body
Warrior III	10-15 sec	Full Body
Four-Limbed Staff Pose	10-15 sec	Full Body
Upward Facing Dog	45-60 sec	Full Body
Downward Facing Dog	20-30 sec	Full Body
T Raises Hold	10-15 sec	Upper Body

Day 3

Workout	Hold	Muscle Worked
Boat pose	10-15 sec	Core

Workout	Hold	Muscle Worked
Warrior 1 Pose	10-15 sec	Full Body
Triangle Pose	10-15 sec	Upper Body
Bridge Pose	10-15 sec	Glute
Cobra Pose	10-15 sec	Rear Body
Forearm Plank	45-60 sec	Core

Day 4

Workout	Hold Time	Muscle Worked
Dolphin Pose	10-15 sec	Shoulder
Chair Pose	10-15 sec	Lower Body
Hollow Crunches	10-15 sec	Core
Dead Bug Hold	10-15 sec	Core
Wall Push-Up Hold	10-15 sec	Upper Body
Superman Hold	10-15 sec	Upper Body

If you want to create your own isometric program, you can do that with the help of the [isometric exercises list](#). Moreover, you can also incorporate some yoga poses that work on the entire body and build strength and mobility.

You may also like related articles:

1. [Upper Body Isometric Exercises With PDF](#)

2. [16 Isometric Back Exercises With PDF](#)
3. [The Best Isometric Ab Exercises To Build Strong Core](#)
4. [Isometric Tricep Exercises: How-To, Benefits & Plan](#)
5. [Best Isometric Bicep Exercises](#)